

## **INFORMATION FOR THE TEAM MANAGERS**

### **1. Official communiqués**

- To limit the use of paper, the official communiqués for the teams will be sent by email; printed copy will be provided only on request at the Permanence.

To receive communiqués and results by email, please send a message to [info@rsstiming.com](mailto:info@rsstiming.com)

- A dedicate WhatsApp group is also available to receive information and communicates about the event.



### **2. Training**

- It is strongly recommended to follow traffic rules during training and circulation with open traffic; Handbike Athletes **must** put a flag on their handbike.

- Official training is scheduled on May 2nd from 9am to 11:45am **on the TT course**; no vehicles will be allowed on the course during this time.

- Regular training is strongly recommended at VAARTDIJK NOORD LEFFEINGE (road 40 kms long, permanently close to vehicles)

### **3. Time Trial**

- Race course will be closed (vehicles and cyclists) 30' before the start; after this time, traffic on the course is forbidden

- Training on the race course is not allowed after the start of the first rider

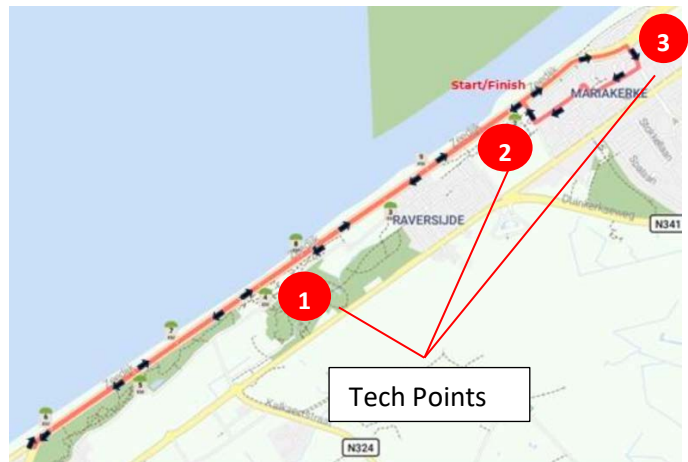
- Riders must come to the bike check, located near the start area, 15 minutes before their start.

- Due to the number of riders, following cars are **not allowed**; tech service by nations are allowed at the points as shown on the map

- After the finish line, Athletes must slow down and exit the course on Duinenstraat, after the hospital, following the instruction by the volunteers

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- **Tech Points :**

1. Raversijde (traffic light crossing Middenlaan) – both sides of the road
2. Seaside, close to Dorpstraat – both sides of the road
3. Teams Area – Acacialaan (sector of road with 2 lanes)

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## 4. Road Races

- Race course will be closed (vehicles) 30' before the start; after this time, traffic on the course is forbidden.
- Training on the race course is not allowed after the start of the first race
- At the call up, Athletes are required to adopt the "Fish-Bone system"
- The feed zone/green zone/tech zone is located on Troonstraat (road after the Teams Area, to the Finish straight), marked with signs.
- At the start of C1-C2-C3 races, to prevent possible accidents, rider **holders can't wear/hold** any item (backpack, wheels, etc)



## 5. Team Relay

- Each participating Team in the Team Relay must present their start list to the Commissaires Secretary **at the Finish Line Commissaires office, Saturday 4 May at 7,00pm at least.**
- Team Relay meeting will be conducted **Sunday 5 May at 1,45pm** at Finish Line

## 6. Anti-doping

- Will be conducted at Hotel Vayamundo; the location is signed with arrows.
- For specific and more accurate instructions please look at the information provided by the Anti-Doping Officer.

## 7. Protocol

- We remind that the Protocol Ceremony is a **relevant part** of the event, so please Team Managers are strongly required to pay attention to take the Athletes to the Ceremony **on time**.

Wishing the success of the event to All, I remain at your disposal for any information or need you may have.